CHFS welcomes Pfankuch as Wellness and Health Promotion Coordinator

The Cabinet is pleased to welcome the new CHFS Wellness and Health Promotion Coordinator, Jill Pfankuch.

Pfankuch began her new duties July 5 with the kickoff of the CHFS 5 A Day Challenge.





The second phase of the CHFS worksite health and wellness pilot project, an emphasis on nutrition, kicked off July 5 with a nutrition fair at the CHR Building.



The nutrition emphasis is a five-week program called the 5 A Day Challenge to encourage participants to increase their fruit and vegetable consumption to at least five servings a day. Opening remarks by Secretary James Holsinger, information booths, educational exhibits, games and taste samples of various fruits and vegetables were among the features of the kick-off event.

Photos from the event can be found under the "More Information" menu at http://chfs.ky.gov/agencies/os/wh.

First week results

In calculating weekly totals of fruit and vegetable servings reported, the average weekly tally was figured to make the contest more fair for individuals and teams with fewer than four members.

The goal to shoot for is 35 servings per person per week. For the first week of the CHFS 5 A Day Challenge, the following teams are leading:

- 1. Captain Linda Grace Piker's team with an average of 53.25 servings per team member.
- 2. Captain Rebecca Aufderhar's team, Organic Fruit with Mediterranean Spice, with an average of 43.75 servings per team member.
- 3. Captain Judy Montfort's team, Tootie Fruity Veggie Sisters, with an average of 41.75 servings per team member.

Vegetables may lose some health benefits in microwave

By Anya Armes Weber

Many summer vegetables are ripe for the picking now, and you can retain most of the nutrients of your garden harvest by cooking them the right way.



Microwaving vegetables isn't the best preparation choice. Fresh veggies are rich in vitamins and antioxidants, but a recent Finnish study in the Journal of Science and Food Agriculture says that microwaved vegetables may lose up to 97 percent of three major antioxidant compounds.

Boiling fresh vegetables isn't a good method either, the study says. Because they are water-soluble, veggies lose their cancer-fighting compounds most easily if they are cooked in large quantities of water.

Steaming vegetables is the best way to prepare them. You can steam them over vegetable broth or fruit juices to add nutrition and flavor while retaining antioxidant power.

CHFS 5 A Day Challenge Recipe Contest

Support the 5 A Day Challenge by getting creative with your favorite fruits and vegetables.

The CHFS Wellness Committee invites 5 A Day Challenge participants to enter the recipe contest by submitting favorite recipes featuring fruits and vegetables.



Prizes will be awarded to the winners and first runners up in each recipe category. All recipes entries will be included in an online cookbook.

There are four recipe contest categories:

- Fruit or vegetable appetizers/snacks
- Fruit or vegetable soups/salads/side dishes
- Fruit or vegetable main courses/entrees
- Fruit or vegetable desserts/ baked goods

Judges will be looking for recipes that are great tasting, creative and healthy. The following criteria will be used to determine the finalists:

• Healthy (50 percent) – nutritious recipes using fruits and vegetables.



• Creativity and Originality (50 percent) – think "unexpected" or "cutting edge"

Chef Mike of the CHFS Café will prepare the two finalist recipes in each contest category on Aug. 10 for judging. The judging panel will be made up of 25 randomly selected 5 A Day Challenge participants who will taste each of the recipes and select a winner in each category.

Recipe Contest Rules:

- 1. Entries must be received by July 27.
- 2. You may submit only one recipe per category.
- **3.** Do not submit the same recipe more than once
- **4.** All entries must be original recipes either entirely your own creations or your own personal twists on familiar recipes.
- 5. All persons entering the contest agree by entering to allow their recipes to be published in the CHFS 5 A Day Challenge Online Cookbook.
- Recipes must be submitted along with a completed entry form to:
 <u>Elizabeth.Fiehler@ky.gov</u> or drop off at mail stop HS2WD.

Be sure to specify specific measurements for each ingredient. For example, instead of writing one can of diced tomatoes, write one 14-ounce can of diced tomatoes.

5-A-Day Recipe Contest Entry Form

Follow the link below to complete the online entry form, or create your own including the following information: category, name of recipe, ingredient and measurement list and recipe instructions.

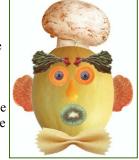
The online entry form can be found at http://chfs.ky.gov/olpa/dc/focus/fw/article4.htm.

CHFS 5 A Day Challenge Decorating Contest

Objective

Decorate a fresh fruit or vegetable. You may use any media or materials to decorate a fresh fruit or vegetable – including other fruits and vegetables - to create your contest entry, but you must use a fresh vegetable or fruit as the basis for your creation.

Carve it. Dress it up. Paint it.



Illuminate it. Give it some glitter. Create a face, animal or creature. Let your imagination run wild. Then, give your creation a name or title.

Who is eligible?

Participating 5 A Day Challenge teams or individuals may enter the decorating contest.

Winners will be chosen in the following categories:

- Funniest
- Ugliest
- Most creative
- Best use of the 5 A Day concept

Entry deadline: Bring your decorated fruit or vegetable item to the CHR Building lobby by 9 a.m. on Wednesday, July 20.

Voting: Winners will be determined by votes cast by employees in the CHR Complex. Voting will take place from 10 a.m.–2 p.m. July 20. Winners will be announced and the winning creations will be displayed in the lobby July 21.

Winning entries must remain on display until 3:30 p.m. July 21. Other entries may be picked up earlier that day.

Here are some tips to help you make the most of your fruit or vegetable art:

- Tomatoes should be soaked in a mixture of lime juice and water before being peeled, cut or pierced to prevent browning.
- Onions and Shallots should be soaked in water before peeling or cutting to reduce irritation of the eyes.
- Taro should be washed thoroughly before being peeled. If washed after peeling, a slime is released that causes itching.
- Carrots should not be soaked in water before peeling, piercing or cutting as this will make the flesh tougher and more difficult to work with.
- Beets should be washed in slightly salty water to help retain good color. If left standing, beets will blacken after being cut, so they should be kept moist by spraying them with water regularly.
- **Potatoes** should be washed with water after peeling to remove the sap and then washed again after any additional cutting. This will help prevent browning.
- **Apples** should be soaked in mixture of lime juice and water before being peeled to prevent browning.



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 Cantaloupes should be washed before cutting or carving. Don't let warm water come in contact with peeled cantaloupe – it will spoil more quickly.

After cutting or carving firm fruits and vegetables, like potatoes, beets, apples and turnips, place in ice cold water for a few minutes to help preserve freshness and keep cut designs from wilting. (Don't soak "soft" or "fleshy" veggies like tomatoes and



melons after cutting. They will absorb the water, swell or even collapse, which may ruin your design.) Refrigerate all carved or cut fruit and vegetable creations before the contest for best results.

5 A Day - Isn't that a lot of food?

When you think about trying to get five servings of fruits and vegetables per day it may seem overwhelming. The good news is there are ways to make it easier.



5 A Day means a combination of five fruits and vegetables per day not five

servings of fruits AND five servings of vegetables. Fruits and vegetables offer many of the same nutritional benefits, so mixing them up or indulging your taste for just one can help you gain the same health results.

What makes up a serving size?

1 serving is equal to:

- 1 cup raw fruit or vegetables
- 1 medium piece of fruit
- ½ cup cooked or canned fruit or vegetables
- ³/₄ cup or 6 ounces of 100 percent juice
- ½ cup dried fruit

How to count your servings

It can be challenging to determine how many servings you are eating. Here are a few helpers.

- 1 cup or one medium piece of fruit is about the size of a tennis ball
- ¼ cup dried fruit is about the size of two walnut shells

Sometimes combination foods are hard to count. Foods that are mixed such as vegetable soup may have to be estimated. You might decide a bowl of soup has about 1/2 cup of vegetables in it and count it as one serving of cooked vegetables.

Lettuce, tomato, ketchup and pickles on a sandwich count as long as the quantity of vegetables adds up to one cup. Vegetables added to a casserole or pizza count as long as they add up to a half-cup. Fried vegetables like French fries, potato chips, onion rings, etc. do not count for 5 A Day. The amount of added calories and fat added during preparation and the high heat these foods are exposed to decreases their health benefit.

Juice counts for 5 A Day as long as it is 100 percent juice. It is not a good idea to drink all your servings in the form of juice. The juicing process eliminates fiber which is an important part of 5 A Day's health benefits. It's best to have only one serving of juice in your 5 A Day line-up.

Cooper Clayton class begins this Friday

It's not too late for smokers interested in kicking the habit to join the upcoming CHFS Cooper Clayton Method to Stop Smoking class. Classes begin at noon this Friday, July 15 and will meet every Friday from noon-1 p.m. in the CHR Building cafeteria conference room.



The class will be facilitated by Chuck Piker, a former smoker. Nicotine replacement therapy will be offered at \$7 per week.

If you are interested in quitting, this is a great opportunity to get tips, ideas and, most of all, support to stop smoking for good. To register for the class, contact Jan Beauchamp at 564-7996, ext. 3817.

